



Io Woman

A Publication of the Friends of the Iowa Commission on the Status of Women • Vol. XXXVI, No. 3, May/June 2006

WOMEN

TAKE CHARGE OF YOUR POWER VOTE

On June 6th, primary elections will narrow down the candidates who will run for election on November 7th.

The ICSW recognizes that when women come to the table, women's issues get discussed. Furthermore, women's issues are everyone's issues, especially families'.

State of Iowa and federal candidates can be found at www.sos.state.ia.us/elections/candidates.

Iowa is one of two states (with Mississippi) to have never sent a woman to Congress or had a female governor. Iowa has had three lieutenant governors, three secretaries of state, one attorney general, and one secretary of agriculture who were female. No female has even ever run for election as Iowa's auditor. Only one of the 15 candidates for the US House is female, and none of the five Iowa Governor candidates running are female. Two women are running for secretary of agriculture.

Women were only 20 percent of legislators serving this Iowa General Assembly. Five women are Senators and twenty serve as Representatives.

Candidates who filed by the deadline for listing in the primary elections include:

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Most of ICSW Priorities Left Undone

It was determined that the General Assembly would not act upon allocation of a percentage of Civil Money Penalties annually to be used for direct care worker recruitment and retention initiatives; it would have to be proposed by DHS for approval by the Center for Medicaid/Medicare Services in Kansas City.

Maintaining matching funds to allow Iowa Department of Human Services to draw down from the Child Care Development Fund was an ICSW priority. HF2734 appropriates state child care assistance at \$14,556,560 and child care programs of \$21,801,198. HF2238 has already been signed by the Governor to allow \$40,426,890 of federal block grant funding for child care and development.

All of the bills to increase the minimum wage in Iowa died without committee approval.

SF409 to provide that a lender shall not contract for or receive a finance charge exceeding 21 percent per year on the unpaid balance of the amount financed for a loan of money secured by a certificate of title to a motor vehicle used for personal, family, or household purpose passed the Senate in 2005 but just sits in the House Ways & Means Committee. The only other predatory lending bill to pass the Senate is SF2373 that requires any person who provides real estate appraisal services in Iowa for compensation to register. The bill also prohibits an appraiser from acting with advocacy or bias while involved in valuation assignments in real property appraisal practice and imposes a penalty. The House let SF2373 die in the State Government Committee.

Eight different bills were written trying to address a requirement for school districts to adopt anti-discrimination, anti-harassment, and anti-bullying policies to protect all students; and none of them got voted out of committee to be considered for debate on the floor.

HF2022 increasing the tax imposed on cigarettes from 36 cents to \$1 per pack is sitting in the Ways & Means Committee. The issue is being discussed at various different levels, but no agreement has been reached.

SF2219 establishes training for law enforcement personnel regarding human trafficking and related offenses, provides penalties and sets up a victim assistance program. It also requests a study on human trafficking by nine members of the General Assembly for the 2006 legislative interim. The bill has passed both chambers and has been signed by the Governor.

HF2448 appropriates the needed \$2.25 million for grants to care providers delivering services to victims of domestic abuse or to victims of rape and sexual assault; however, the bill was never given any attention by the Appropriations Committee after being introduced. HF2558, the Justice appropriation bill, passed the House on March 7th with a line item of \$5,000 for victim assistance grants. A Senate amendment changing the line item to \$205,000 was introduced but withdrawn before Senate approval on April 18th.

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W&S 06: You Must Be Present to Win

Whispers & Screams are hard to hear: Creating an Audience for Girls' Voices is an annual conference sponsored by the Iowa Gender-Specific Services Task Force.

Whispers & Screams programs work to define what it means to provide equal services for girls involved in or at-risk for involvement in the juvenile justice and child welfare systems.

This year is the 10th anniversary of Whispers & Screams and the theme is "You Must Be Present to Win." The conference will build on the foundation laid in previous years by bringing together forward-thinking individuals who are committed to comprehensive system change that makes gender equity for girls a priority.

Whether you are a long time or one time participant of the Whispers & Screams conference, there is little chance you've forgotten the door prize event that takes place at lunch each year. "You must be present to win!" can be heard echoing around the room. As we enter our tenth year of the conference, we see how this phrase holds true when working with young women as well. You must be present in the lives of young women if you are to succeed in helping them. You must be present in your relationship with them, you must be present even when it is difficult, you must be present as a role model, and you must be present through advocacy and challenging the status quo. A little enthusiasm never hurts either!

This year's Whispers and Screams will have keynotes by Lyn Mikel Brown, Ed.D. and Dr. LaWanda Ravoira. Brown, a professor of Education and Women's, Gender, and Sexuality Studies at Colby College in Maine, has done extensive research on girls' social and psychological development. Her keynote, *Fighting Like A Girl: Myth, Reality, and Media*, will tackle the subject of relational aggression or girls' "mean" behavior toward other girls. RaVoira, former president & CEO of PACE Center for Girls, Inc. in the state of Florida, has extensive experience with gender-specific programming for girls. She is currently working on a research project involving girls in residential treatment programs in Florida. Her keynote, "It's A Girl! How being present creates opportunities for girls to be winners!" will discuss specialized treatment interventions for girls including issues related to prior victimization, sexual abuse, PTSD and self-medicating.

In addition to basic and advanced workshops in keeping with the theme of the conference, attendees will continue to be offered information on gender-specific programming, female development and experiences, as well as practical tools for working with young women.

Courageous Advocacy Awards will be presented to three outstanding advocates for young women and the Task Force will also honor a courageous girl or young woman. Nomination forms are available on our web site and in the conference registration brochure.

BeJae Flemming will open the conference with a musical performance and slam poet Chillin' has been invited to close the conference.

Whispers & Screams: You Must Be Present to Win will be held June 1st and 2nd at the Hotel at Gateway Center in Ames, Iowa. Registration fees vary. To receive registration information, please contact Kathy Nesteby at 515/281-6915 or 1-800-558-4427, or Kathy.Nesteby@iowa.gov. Registration information is also available on-line: www.state.ia.us/dhr/sw/girls.html.



ICSW Welcomes New Commissioners

The composition of the Iowa Commission on the Status of Women is changing.

Established in 1972 by the Iowa Legislature, the Iowa Commission on the Status of Women is composed of nine citizen members appointed by the Governor and confirmed by the Senate. It is balanced by gender as well as political party affiliation. Two members of the Iowa Senate, two members of the Iowa House of Representatives, and the director of the Department of Human Rights also serve on the Commission *ex officio*.

One Commissioner's term have expired, three have been reappointed, and two new citizens have been appointed. Leaving the ICSW after completing two four-year terms is Vicki Brown, Oskaloosa. Iowans extend their gratitude to Brown for her work and dedication to the women of this state.

Newly appointed members include Tom Carnahan, Davenport, and Jill Olsen, Mount Vernon.

Matt Wissing, Davenport; Carla R. Espinoza, Ames; and Sue Mullins, Corwith; have been reappointed. Commissioners continuing in their terms include Francis Giunta, Dubuque; Kim Painter, Iowa City; Holly Sagar, Des Moines; and Mike Whitlatch, Storm Lake.

Continuing to serve *ex officio* are Senator Matt McCoy, Des Moines; Senator Maggie Tinsman, Davenport; Representative Gene Maddox, Des Moines; Representative Cindy Winckler, Davenport; and Department of Human Rights Director Walter Reed, Jr.

Did you know... The driving force behind Mother's Day was Anna Jarvis, who organized observances in Grafton, W.Va., and Philadelphia, Pa., on May 10, 1908. Jarvis lobbied politicians to set aside a day to honor mothers and finally succeeded in 1914 when Congress designated the second Sunday in May as Mother's Day.

**Primary Race
June 6, 2006**

	Female <u>Dem</u>	Male <u>Dem</u>	Female <u>Rep</u>	Male <u>Rep</u>
Iowa Senate	3	18	5	16
Iowa House	33	59	13	64
82 nd General Assembly	39	77	18	80

During the next few months, you may find yourself talking to one candidate or another. The ICSW recognizes that a candidate who is female is not always the best choice in an election when she is not supportive of women's issues. Consider any of these topics as just the beginning of many issues for discussion with candidates - male or female - to find out who you really want to vote into an office.

Topics to discuss with federal candidates:

- ✓ Fair Pay Act and Paycheck Fairness Act (women make 77 cents for every \$1 by men).
- ✓ Partial wage compensation for taking 12 weeks of parental leave for birth or adoption of a child.

Topics to discuss with state candidates:

- ✓ Pay equity for employees in private industry, livable wages and affordable benefits.
- ✓ State funding for emergency assistance (in the winter of 2005, elderly Iowa women were choosing between buying their medicine or paying their heat bill).
- ✓ State funding for adolescent pregnancy prevention (9.1 percent of the total live births in 2002 were to teenage mothers age 19 or younger).
- ✓ State funding for legal services (70 percent of those served are women; 650-700 were turned down every month in 2002).
- ✓ State funding for education and training for women throughout Iowa's correctional system.
- ✓ A new Preparation for Adult Living Program (PALS) for 18-year-olds in foster care.
- ✓ Predatory lending legislation.

Topics to discuss with local candidates:

- ✓ Local support for the nearest domestic violence shelter or sexual assault center (7,607 domestic abuse cases and 2,230 sexual assaults were reported in Iowa in 2002).
- ✓ Gender balance on city or county committees, boards, or commissions.

On April 5th, the following Governor's appointees for the ICSW were confirmed by the Iowa Senate with a 50/0 vote: Thomas Carnahan, Carla Espinoza, Sue Mullins, Jill Olsen and Matthew Wissing.

SCR104 and HCR108 designating March 2006 as Iowa Women's History Month passed in both chambers on Women's International Day, March 8th while winners from the Write Women Back Into History essay contest watched.

ICSW decided in their meeting on March 14th to support establishing a new preparation for adult living program (PALS) in the Department of Human Services. The House passed HF2645 to assist foster care children beyond age 18 even after seeing a fiscal note of \$2.2 million in FY2007 and \$4.5 million in FY 2008; however, the Senate let the concept die in their Human Resources Committee.

New Moms are Exhausted

Ask any new mom and she will tell you she is tired. And once those new moms return to work outside the home, fatigue is a way of life.

According to research in the *Annual of Family Medicine*, research suggests that women do not fully recover from giving birth in the four to six weeks currently given to women. The study found that women were still experiencing symptoms related to childbirth, especially those who breastfeed or whose infants were delivered by cesarean section, at five weeks after birth. Symptoms include fatigue, never or rarely feeling refreshed after waking in the morning, breast discomfort, and a decreased desire for sex.

Authors of the study found these implications:

- * With many new mothers returning to work soon after childbirth, there is a need to reexamine and broaden the definition of postpartum health, particularly for employed women.
- * In examining new mothers, doctors should assess fatigue, as well as other physical and mental symptoms, including those related to breastfeeding.
- * There is a need for ongoing support for new mothers and for ongoing rest and recovery beyond the traditional period that is common in the United States.

To read the report, visit www.annfam.org/cgi/content/abstract/4/2/159.

In the United States, women can expect 2.0 children in their lifetime. The average number of children women have in Niger, Africa is 7.5 (highest fertility rate). Women in Italy and Spain have only 1.3 children (lowest birth rate).

Arthritis Foundation Self-Help Program

Arthritis comprises over 100 different diseases and conditions and is one of the state's and nation's most common health problems. Forms of arthritis include Osteoarthritis, Rheumatoid Arthritis, Gout, Systemic Lupus Erythematosus and Fibromyalgia. Arthritis is characterized by pain, stiffness, occasional swelling and difficulty moving a joint, and affects women at a higher rate than men. An estimated 585,000 Iowans, of which 352,000 are women, have been doctor-diagnosed with arthritis. An additional 384,000 Iowans experience chronic joint symptoms, possible arthritis.

The Iowa Arthritis Program in the Iowa Department of Public Health focuses efforts throughout the year and especially during May, Arthritis Month, on increasing awareness of arthritis and strategies to manage the disease, including self-help education.

The Arthritis Foundation Self-Help Program was developed especially for people with arthritis and is conducted by trained leaders. The six-week program is designed to give participants the knowledge, confidence and skills to take a more active part in their arthritis care. Topics covered include making and carrying out action plans, pain and fatigue management, exercise, medications, dealing with difficult emotions and problem solving.

Leader qualifications include successful completion of two-day training, leading a program within 12 months of training, belief in the value of encouraging people with arthritis to assume responsibility for their self-management, and experience in working with a group process of sharing problems and finding solutions. For information about Arthritis Foundation Self-Help Program leader training, contact the Iowa Arthritis Program at 515/281-5675 <www.idph.state.ia.us/bhpl/arthritis.asp> or the Arthritis Foundation Iowa Chapter at 515/278-0636 or 866/378-0636 <www.arthritis.org>.

In addition to self-help education, early diagnosis and other management strategies - physical activity, weight control, therapy, medication and surgery - can reduce arthritis pain and disability. Information on these topics and on aquatic and exercise leader training can also be obtained from the Iowa Arthritis Program or the Arthritis Foundation Iowa Chapter.

Article submitted by Laurene Hendricks, Iowa Arthritis Program Manager, Iowa Department of Public Health

The United States Census Bureau estimates that there are 80.5 million mothers of all ages in the United States. Eighty-one percent of women 40 to 44 years old are mothers. In 1976, 90 percent of women in that age group were mothers.

National Women's Health Week

The Office on Women's Health, part of the U.S. Department of Health and Human Services, urges women to reconnect to their health during National Women's Health Week 2006. This national effort calls attention to the importance of women's health and is marked by over 1,000 events across the country. Web users eager to remind the women in their life about National Women's Health Week can visit www.womenshealth.gov/whw to send a National Women's Health Week e-card.

"National Women's Health Week calls upon the country's 150 million women to reconnect to their health," says Dr. Wanda Jones, deputy assistant secretary for Health for the U.S. Department of Health and Human Services. "We want to tell our mothers, our sisters, our daughters, our aunts and friends: take some time for yourself. One of the best gifts you can give yourself is to schedule an annual visit with a health care provider."

National Women's Health Week kicks off on Mother's Day, May 14, and May 15 is National Women's Check-up Day. This day reminds women to schedule an appointment with their health care provider. The Office on Women's Health encourages women to talk to their health care provider about the recommended screening tests and immunizations for their age and background. Learn more about these recommendations by visiting www.womenshealth.gov/screeningcharts/.

Getting a regular check-up is one of five preventive steps that the Office on Women's Health encourages women to take. The other four include: eating well, being physically active, not smoking, and following basic safety rules.

Endowment Grants Available

Friends of ICSW will be accepting applications until July 1, 2006 for assistance grants to low-income women to improve job skills, update professional licensing, enroll in English as a second language class, or attend occupational seminars leading to increased employment opportunities. Other educational programs for adult women will also be considered.

The Endowment Fund's grants are intended to be used to fund a portion of an educational program. A total of \$1,075 in grants will be awarded on August 26. Applicants must demonstrate financial need and that other funding sources are not available to them or are insufficient to meet a critical educational need.

All decisions by the board of directors on who to award are final, and there is no appeal process.

A three-page application form is available from the ICSW office at dhr.icsw@iowa.gov or www.state.ia.us/dhr/sw. For a printed copy, telephone 515/281-4461 or 800/558-4427. Written references are required.

May Is Teen Pregnancy Prevention Month

National Teen Pregnancy Prevention Month (NTPPM) is an educational campaign designed to help communities recognize that the effects of unintended teen pregnancy and early childbearing are far-reaching. The campaign increases the public's awareness of and commitment to teen pregnancy prevention. The campaign mobilizes communities to help young people develop responsible, positive behaviors and attitudes regarding sexuality.

Hundreds of thousands of teens nationwide are expected to participate in the fifth annual National Day to Prevent Teen Pregnancy on May 3, 2006. The purpose of the National Day is to focus the attention of teens on the importance of avoiding too-early pregnancy and parenthood. On the National Day, teens nationwide are asked to go to www.teenpregnancy.org and take a short, scenario-based "quiz" that asks young people what they would do in a number of sexual situations.

The message of the National Day is straightforward: Sex has consequences. The online quiz (available in English and Spanish) delivers this message directly to teens and challenges them to think carefully about what they might do "in the moment."

"Teens tell us that the real-life scenarios presented in the National Day quiz help them think about what they would do in similar situations," said Sarah Brown, director of the National Campaign to Prevent Teen Pregnancy. "The simple and direct message of the Quiz is: sex is serious, have a plan."

Despite significant progress during the past decade, 34 percent of teen girls become pregnant at least once before age 20 and the vast majority (78 percent) of teen pregnancies are unintended.

Support for the National Day: National Day partners include a diverse group of over 170 media outlets, teen websites, health sector leaders, education leaders, businesses, youth-serving groups, groups representing elected officials, fatherhood and male involvement groups, faith-based groups, and other prominent national organizations. For a full list of National Day partners, please visit, www.teenpregnancy.org/national.

Women Board Directors

At the end of March, 2006, Catalyst released a new report on women board directors of the *Fortune* 500, which found that women held 14.7 percent of all *Fortune* 500 boards seats, up from 13.6 percent in 2003 and 9.6 percent in 1995. The rate of progress over the past decade has been, on average, one-half of one percentage point per year. At the current rate, it could take 70 years for women to reach parity with men on corporate boards.

The census of women board directors looked at the compilation of boards from April 1, 2004 to March 31, 2005. During that time, Iowa had two *Fortune* 500 companies: Maytag Corporation and Principal Financial Group. Twenty-five percent of the boards were women. Sitting on Maytag's Board were Barbara R. Allen and W. Ann Reynolds, who also sat on three other boards. Principal has Betsy J. Bernard, Sandra L. Helton, Elizabeth E. Tallett, and Jocelyn Carter-Miller. Helton and Tallett each also sat on one other board. In 2005, Principal added another woman - Therese M. Vaughan. Maytag was bought out by Whirlpool Corporation. Although no longer an Iowa company, two women sit on Whirlpool's board of directors.

Catalyst is a research and advisory services organization working to build inclusive environments and expand opportunities for women at work. The full report can be found at www.catalyst.org.

My Biz for Women

The U.S. Small Business Administration, with the cooperation of the National Women's Business Council, has launched MY BIZ for Women, a new online tool designed to provide comprehensive business information and assistance to women entrepreneurs.

The site is designed to be the first step for all women business owners, providing one-stop access to information, highlighting the best resources the government has to offer. It provides information on starting and growing a small business, gaining access to capital and contracting opportunities, and links to other government agencies and SBA resource partners offering business counseling, a state-by-state listing of SBA's Women's Business Centers and other resource information.

MY BIZ for Women will provide easy online access to the latest information and business resources, serving as a single point of entry for women entrepreneurs to government resources.

Highlights of the new web portal feature up-to-date information on the issues of women in business, including Women's Business Data & Research, Inspiring Success Stories, Business Tips, and Upcoming Events.

In addition, each month a successful woman will share her experiences and wisdom.

Women will be able to gain valuable insights into the world of entrepreneurship from monthly guest columnists who will share their wisdom and experience from unique perspectives. They can also subscribe to "The Women's Perspective," a free SBA newsletter for women in business.

Go to www.SBA.gov/women to learn more.

63,821: The number of women owned firms in 2002. These firms account for \$7,398,962,000 in sales and receipts.

Making Safety and Support Accessible

As with other citizens, people with disabilities have the right to personal safety and a life free of sexual violence and abuse. Yet it is estimated that 83% of women with disabilities will be sexually assaulted in their lifetime.

People with communicative disabilities often are not able to report the abuse or are not believed when they do report. Additionally, sexual assault victims with disabilities frequently experience difficulties accessing support services, medical care and the criminal justice system after an assault. In this training, disability and sexual assault service providers will acquire skills to respond effectively and sensitively to people who use alternative communication.

Topics of discussion include the following: who the people are who have communicative disabilities, the problem of sexual assault and abuse against people with disabilities, why many people with disabilities are vulnerable to abuse, myths surrounding sexual assault and people with disabilities, barriers people with disabilities face when reporting sexual abuse and accessing support, safety and other victim services, ways in which some people with disabilities communicate and what it means, how sexual violence impacts the emotional and physical well-being of the victim and of the non-offending people who care about them, what service providers need to know to provide effective and timely support, how to use the symbol book (provided free to attendees) as one way to communicate with a victim of sexual violence who uses alternative communication, and additional skills for communicating.

Professionals, managers, and administrators of organizations which provide services to persons with disabilities or to victims of sexual violence are invited to attend. There is no registration fee and lunch is provided.

The workshops will be held 9:30 a.m. – 4:30 p.m.

May 3 - Waverly - Redeemer Lutheran Church

May 4 - Dubuque - St. Raphael Cathedral

May 10 - Sioux City - Western Iowa Tech Campus

May 19 - Council Bluffs - Council Bluffs Public Library

May 31 - Des Moines - DMACC-Ankeny Campus

June 5 - Iowa City - University of Iowa Campus

June 6 - Davenport - United Way of the Quad Cities

June 15 - Fort Dodge - Iowa Central Community College

June 16 - Ames - Iowa State University Campus

June 22 - Ottumwa - Indian Hills Community College

To register, visit www.iowacasa.org. With questions, contact Kristen Houser at khouser@cox.net or 402/650-6873 or Hazel Hull at IowaCASA at trainer@iowacasa.org or 515/244-7424.

Who's Caring for the Caregivers?

A growing number of older persons with disabilities are receiving care in home and community-based settings rather than in nursing homes, and family members continue to provide the vast majority of the care they receive. These family caregivers are often juggling multiple roles at home and in the labor force, or are experiencing other stresses and health problems, and need some help themselves.

Yet, health care practitioners and social service providers don't routinely assess the unique health risks of family caregivers, even though the family caregiver's role is generally recognized as physically and emotionally difficult.

Increasingly, states are funding innovative programs to identify and support these caregivers, according to a new report released in March 2006 by the AARP Public Policy Institute, *Ahead of the Curve: Emerging Trends and Practices in Family Caregiver Support*. The report draws attention to the needs of an estimated 44 million Americans who provide unpaid assistance and support to older people and adults with disabilities and to the new programs and services that have been created across the country to benefit these caregivers.

"This new AARP Public Policy Institute report found that the use of paid, formal care by older persons with disabilities in the community has been decreasing, while their sole reliance upon family caregivers has been increasing. Because there is a growing need, we wanted to identify promising practices to help caregivers. And we found them in eight states in particular: Alabama, California, Georgia, Massachusetts, Minnesota, North Carolina, Pennsylvania, and Washington," said AARP Director of Policy and Strategy John Rother.

"The demand for in-home caregiving is going to increase. To help ensure the quality of care, policymakers and health providers need to factor in an important part this equation—family caregivers," said Rother.

The report also looks at a number of new initiatives filling the gap to assess the needs of family caregivers themselves and link with the health care system. "This is an important step forward," said Lynn Friss Feinberg, Deputy Director of the National Center on Caregiving at Family Caregiver Alliance and lead author of the report. "The health and support needs of family caregivers are often overlooked. The strain of caring for a family member, especially an older spouse, is becoming a public health issue," said Feinberg.

For more on the emerging programs in these and other states, the full report can be found at: www.aarp.org/caregiver.

Calendar of Events

May

Asian and Pacific Islander Americans Awareness and Older Americans Month

- 1 Iowa Women's Hall of Fame nomination deadline.**
- 2 Risky Business 2006: Be the Change.** 9 a.m.-4 p.m., Scheman Building, Iowa State University, Ames. Fee varies. Youth and Shelter Services, Inc. 515/232-4332 x.470 or <www.yss.ames.ia.us/riskybusiness>.
- 3 National Day to Prevent Teen Pregnancy.** www.teenpregnancy.org.
- 4 Nancy Drew: Iowa's Heroine to the World.** Presented by Barbara Lounsberry. 12 noon, Stubbs Memorial Library, Holstein. Call 712/368-4563 for more information.
- 5 Iowa Gender-Specific Services Task Force.** 10 a.m.-12 noon, Urbandale Public Library, Urbandale. Kathy Nesteby, ICSW, 515/281-6915, 800/558-4427, or kathy.nesteby@iowa.gov.
- 6 American Civil Liberties Union Iowa Annual Dinner.** Old Brick, Iowa City. \$35. Speaker: Barry Lynn, executive director of Americans United for the Separation of Church and State. For more information, visit www.aclu-ia.org/annual_dinner.asp.
- 6 Making Strides Against Breast Cancer.** 7:30 a.m. registration begins, walk begins at 9 a.m. Water Works Park, Des Moines. Fee varies. American Cancer Society, 515/253-0247.
- 9 Iowa Commission on the Status of Women Meeting.** 10:00 a.m. - 2:15 p.m. Lucas State Office Building, Des Moines. Free and open to the public. Call or write for special accommodations, 800/558-4427, 515/281-4461 or dhr.icsw@iowa.gov.
- 12 Sacajawea and the Lewis and Clark Expedition.** Presented by Beverly J Hinds. 2 - 3 p.m., Meth-Wick Community, Cedar Rapids. Call 319-365-9171 for more information.
- 13 Asian Heritage Festival.** 10 a.m. - 7 p.m., Water Works Park, Des Moines. Iowa Asian Alliance, 515/309-6038 or info@iowaasianalliance.com.
- 16 Friends of Iowa Women Prisoners.** 12 noon. Wesley United Methodist Church, Des Moines. Deb Breuklander of Des Moines, featured March 20th in "Al Roker Investigates: Meth, Murder & Madness," on Court TV, will present the program. Bring a brown bag lunch.

- 17 Anniversary of *Brown vs. Board of Education*.**
- 22-23 Governor's Conference on Aging - Aging in Iowa: The Years Ahead.** Sheraton, West Des Moines. Fee varies. For more information, call 515/225-1051 or 800/264-1084 or visit www.state.ia.us/elderaffairs.
- 24 Coffee with Chrysalis: Go, Run, Win!** 7:30 - 8:30 a.m., Plymouth Congregational Church, Des Moines. Register by calling 515/255-1853 or visiting www.chrysalisfdn.org.
- 26 Iowans in Transition proposal deadline.** 4 p.m.

June

- 1-2 Whispers & Screams.** See page 2 for more information.
- 5 2006 Iowa Caregivers Month Celebration.** Hotel Fort Des Moines, Des Moines. Iowa CareGivers Association, 515/241-8697.
- 14 Women of Achievement 25th Anniversary Awards Luncheon.** 11:45 a.m. - 1:15 p.m., Polk County Convention Complex. YWCA of Greater Des Moines, 515/244-8961.
- 23 Title IX banning sex discrimination in education was enacted in 1972.**
- 30 Iowa Department of Human Rights 20th Anniversary Celebration.** 8 a.m. - 2:15 p.m., Drake University, Des Moines. Contact 515/242-5655 for more information.

WOMEN SOAR 2006

An inspirational, mentoring-based program for girls in grades 8-12 on careers in aerospace, aviation, engineering and other related science and technology fields is being held July 23-24, 2006 in Oshkosh, Wisconsin in conjunction with the EAA AirVenture show

Women Soar brings together girls in grades 8-12 with women from across the U.S. who have achieved success in non-traditional careers in aerospace, aviation and related industries. The two-day program engages girls in educational programs, presentations, and personalized mentoring to introduce them to exciting career opportunities in science and technology, highlight educational resources available to them and inspire each girl to dream big and look beyond her horizons.

This program attracts young women from across the U.S. Oshkosh is located about 2-1/2 hours north of Chicago. The student cost for the two-day program is only \$10.

For more information or to register, call 800/236-1025.

Bits and Pieces

Save the date! The **Iowa Women's Hall of Fame Ceremony** will be held at 10:30 a.m. on Saturday, August 26 at the State Historical Building in Des Moines. The Friends of the Iowa Commission on the Status of Women Luncheon will be held following the ceremony at Embassy Suites. Salome Raheim, Ph.D. will be the featured presenter and Romonda D. Belcher Ford, J.D. will give a dramatic reading.



The **Friends of the Iowa Commission on the Status of Women** wishes to thank all those who contributed to their fundraiser, Women You Know, Women You Want to Meet. One hundred twenty-two women enjoyed an evening of networking. Money raised will support costs of the *IoWoman* and other ICSW efforts.



Still thinking of an original gift idea for

Mom? The Iowa Women's Foundation offers a fun way to say thank you this Mother's Day! Let the IWF send your honoree (mother, sister, aunt, dad or friend!) a personalized card in exchange for your small charitable contribution. Give a gift that will make mom proud—call the Iowa Women's Foundation toll free at 888/488-4283 or visit www.iawf.org for more information about the Mothers & Others campaign and learn more about how your donation will expand opportunities for Iowa's women and girls.



The American Institute of Certified Public Accountants has launched a financial literacy website offering more than 600 articles and personal financial planning tools aimed at women's financial issues. The site, **360 Degrees of Financial Literacy for Women**, organizes tools for users under six topic

areas: Getting Started, Building Your Career, Planning for Your Future, Growing Your Household, Transition and Life-Changing Events, and Owning a Business. The site also includes "Ask the Money Doctor," a feature that allows consumers to seek financial guidance from CPAs and other specialists, and educational resources for women business owners through a partnership with the Department of Labor Women's Bureau. For more information visit: www.360financialliteracy.org/women.



Happy Mother's Day to all *IoWoman* readers!



The **National Association of Commissions for Women** has recently updated their website, www.nacw.org. There, you will find information about the work of Commissions throughout the nation.

Help save printing/postage costs! If you no longer wish to receive this newsletter, please write or call the ICSW office. You may also send your e-mail address. Thank you!

E-mail address: dhr.icsw@iowa.gov
Website: <http://www.state.ia.us/dhr/sw>

Telephone: 515/281-4461 or 800/558-4427
Fax: 515/242-6119

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Friends of the Iowa Commission

ADDRESS SERVICE REQUESTED



Enclosure of items in the newsletter does not necessarily connote endorsement by the Friends of the ICSW. All information must be mailed or faxed to the ICSW no later than the 15th day of all even numbered months. The use of any submitted material is at the discretion of the editor. The *IoWoman* is mailed six times per year to 8,550 persons or organizations.

Camille Curley, President • Charlotte Nelson, ICSW Executive Director • Lori M. SchraderBachar, Editor

